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WHAT IS CLAIMED IS:

- 1. A method for establishing undifferentiated human embryonic stem cells, comprising the steps of:
 - (a) thawing a cryopreserved human blastocyst embryo; and
- 5 (b) culturing at least a portion of said human blastocyst embryo on a medium capable of sustaining undifferentiated embryonic stem cells, whereby undifferentiated human embryonic stem cells are established.
 - 2. The method for establishing undifferentiated human embryonic stem cells of claim 1, wherein said human blastocyst embryo comprises a sphere of cells with an outer cell layer, a fluid filled cavity, and the inner cell mass.
 - 3. The method for establishing undifferentiated human embryonic stem cells of claim 1, wherein said human blastocyst embryo comprises a human embryo that was cryopreserved from about 5 days to about 6 days after fertilization of said embryo.
- 15 4. The method for establishing undifferentiated human embryonic stem cells of claim 1, wherein said human blastocyst embryo has been cryogenically stored for more than four years.
 - 5. The method for establishing undifferentiated human embryonic stem cells of claim 1, wherein said thawing step comprises:
- 20 (a) a first step of treating said cryopreserved human blastocyst embryo with a first solution comprising human follicular fluid and cryoprotectant;
 - (b) a subsequent second step of treating said cryopreserved human blastocyst embryo with a second solution comprising human follicular fluid and cryoprotectant; wherein said second solution comprises a decreased concentration of cryoprotectant relative to said first solution.

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- 6. The method for establishing undifferentiated human embryonic stem cells of claim 5, wherein said cryoprotectant is selected from the group consisting of sucrose, glycerol and a combination of sucrose and glycerol.
- 7. The method for establishing undifferentiated human embryonic stem cells of claim 1, wherein said thawing step consists of:
 - (a) a first step of treating said cryopreserved human blastocyst embryo with a first solution comprising human follicular fluid and cryoprotectant;
- (b) a subsequent second step of treating said cryopreserved human
 10 blastocyst embryo with a second solution comprising human follicular fluid and cryoprotectant;
 - (c) a subsequent third step of treating said cryopreserved human blastocyst embryo with a third solution comprising hFF and cryoprotectant;
- (d) a subsequent fourth step of treating said cryopreserved human 15 blastocyst embryo with a fourth solution comprising hFF and cryoprotectant; wherein said fourth solution comprises a decreased concentration of cryoprotectant relative to said third solution, said third solution comprises a decreased concentration of cryoprotectant relative to said second solution, and said second solution comprises a decreased concentration of cryoprotectant 20 relative to said first solution.
 - 8. The method for establishing undifferentiated human embryonic stem cells of claim 5, further comprising a subsequent third step of treating said cryopreserved human blastocyst embryo with a third solution comprising hFF and cryoprotectant; wherein said third solution comprises about 0.1-2 vol % glycerol, said second solution comprises about 2-4 vol % glycerol, and said first solution comprises about 4-6 vol % glycerol.

- 9. The method for establishing undifferentiated human embryonic stem cells of claim 5, wherein at least one of said treating steps is carried out for about 4-6 minutes.
- The method for establishing undifferentiated human embryonic stem
 cells of claim 5, wherein said first solution and said second solution each comprise about 15-25% human follicular fluid.
 - 11. The method for establishing undifferentiated human embryonic stem cells of claim 1, further comprising a step of removing trophectoderm from said embryo using anti-human lymphocyte antibody.
- 10 12. The method for establishing undifferentiated human embryonic stem cells of claim 1, wherein said portion of said embryo comprises the inner cell mass.
 - 13. An undifferentiated human embryonic stem cell culture formed using the method of any one of claims 1 to 12.
- 15 14. A method for establishing undifferentiated human embryonic stem cells comprising the steps of:
 - (a) obtaining a population of cryogenically stored human embryos, wherein said population of embryos consists of embryos in the blastocyst phase;
 - (b) thawing one or more of said embryos; and
- 20 (c) culturing at least a portion of each of said one or more thawed embryos on a medium capable of sustaining undifferentiated embryonic stem cells; whereby undifferentiated human embryonic stem cells are established.
 - 15. A method for thawing a cryopreserved human embryo comprising:
- (a) a step of treating said cryopreserved human blastocyst embryo with a first solution comprising human follicular fluid and cryoprotectant; and

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- (b) one or more subsequent steps of treating said cryopreserved human blastocyst embryo with a second solution comprising human follicular fluid and cryoprotectant; wherein said second solution comprises a decreased concentration of cryoprotectant relative to said first solution; and wherein said embryo has been cryopreserved in a solution comprising human follicular fluid.
- 16. The method for treating a cryopreserved human embryo of claim 15, wherein said embryo is a blastocyst stage embryo.
- 17. The method for treating a cryopreserved human embryo of claim 15, wherein said cryoprotectant is selected from the group consisting of sucrose, glycerol and a combination of sucrose and glycerol.
- 18. The method for treating a cryopreserved human embryo of claim 15, wherein said subsequent steps consists of:
- (c) treating said cryopreserved human blastocyst embryo with a third solution comprising hFF and cryoprotectant; and
- (d) treating said cryopreserved human blastocyst embryo with a fourth solution comprising hFF and cryoprotectant; wherein said fourth solution comprises a decreased concentration of cryoprotectant relative to said third solution, and said third solution comprises a decreased concentration of cryoprotectant relative to said second solution.
- 20 19. The method for treating a cryopreserved human embryo of claim 15, further comprising a subsequent third step of treating said cryopreserved human blastocyst embryo with a third solution comprising hFF and cryoprotectant; wherein said third solution comprises about 0.1-2 vol % glycerol, said second solution comprises about 2-4 vol % glycerol, and said first solution comprises about 4-6 vol % glycerol.

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- 20. The method for treating a cryopreserved human embryo of claim 15, wherein at least one of said treating steps is carried out for about 4-6 minutes.
- 21. The method for treating a cryopreserved human embryo of claim 15, wherein said first solution and said second solution each comprise about 15-25% hFF.
- 22. A method for isolating the inner cell mass of a human blastocyst embryo comprising the step of treating said embryo with an anti-human lymphocyte antibody.
- 23. The method for isolating the inner cell mass of a human blastocyst10 embryo of claim 22, wherein said embryo has been cryopreserved and thawed.
 - A method for establishing undifferentiated human embryonic stem cells comprising culturing at least a portion of the inner cell mass obtained by the method of claim 22 or claim 23 on a medium capable of sustaining undifferentiated embryonic stem cells; whereby undifferentiated human embryonic stem cells are established.
 - 25. An undifferentiated human embryonic stem cell culture formed using the method of claim 24.
 - 26. An isolated inner cell mass of a human blastocyst formed using the method of claim 22 or claim 23.
- 20 27. A method of differentiating human embryonic stem cells comprising the steps of:
 - (a) thawing a cryopreserved human blastocyst embryo;

- (b) culturing at least a portion of said embryo on a medium capable of sustaining undifferentiated embryonic stem cells, whereby undifferentiated human embryonic stem cells are established; and
- (c) differentiating said embryonic stem cells in a culture medium5 comprising basic culture components and at least one growth factor.
 - 28. The method for differentiating human embryonic stem cells of claim 27, wherein said differentiated cells are cardiac myocytes.
 - 29. The method for differentiating human embryonic stem cells of claim 27, wherein said differentiated cells are muscle cells.
- 10 30. The method for differentiating human embryonic stem cells of claim 27, wherein said differentiated cells are nerve cells.
 - 31. A differentiated cell prepared by the method of any one of claims 27 to 30.